

The newsletter of



Also known as the Thé Bag...

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May 2009

"From the Chair"

Welcome to another excellent edition of B & G. Hopefully, everyone who went to the British Championships and the JK has managed to retain their sun tan in this wonderful spring weather and thoroughly enjoyed the weekends. We achieved some notable successes in both individual and relay events on both weekends so well done to all who took part!

Since our last edition, we have also hosted some excellent events in the County, which have been well supported. In January we ran a night event at Shirebrook and enjoyed a good attendance. It certainly gave those who eat their carrots a chance for some welcome practice before the British Night Championships (where we also had some good results). February saw the Robin Hood Trophy and East Midlands Championships at Clumber Park. In spite of the cold weather we had over 500 participants and, again, saw some notable successes for club members in the Championships. In March, we hosted the regional heat for the Compass Sport Cup at Sherwood Pines which was also very well attended and it was good to see that we again progressed through to the final next Autumn. In addition, we hosted a local event at Annesley, on the same weekend as the British Championships. This was a result of the BOC changing it's date rather than some risky planning on our part but it was good to see so many people attend from all over (and outside) the region and, whilst we won't deliberately look for a fixture conflict of this nature in the future it reminded us that there are many people out

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The common feature of all of those events was that they were really well organised and planned (and often controlled) by committed Club members. There are great challenges in the logistics of the bigger events but there are equal challenges in organising the smaller ones where the attendance is less certain. My thanks, and I'm sure the thanks of all club members go to the organisers, planners and controllers of all of these events.

And there is more to come. As I write this, we are on the cusp of hosting the British Sprint Championships at Nottingham University. This promises to be a showpiece event although we will have to be 'on our game' on the day to ensure that we have sufficient volunteers in the right places and doing the right things to bring to fruition the plans of the organisers. I know that we can rely on your good will to make this happen! And as a reward, on the following day, we are combining our club championships with the British Middle Distance Championships in Leicestershire. I hope that as many people as possible have entered and are able to enjoy what will be a fantastic weekend of orienteering in the East Midlands.

Whilst on the subject of events, the fixture list, together with organisers, is now in place for the Summer League. These are all very local, fun events which are great for keeping up your fitness. I am really grateful to all of the organisers for coming forward but hope that as many members as possible will feel able to participate in as many events as they can.

In describing the last few months, I deliberately omitted one weekend which deserves a special mention. On 14th and 15th March we launched the West Notts Orienteering Club as a satellite of NOC with Come and Try It events at Sutton Lawns and Berry Hill. Over this weekend, over 100 people, most of whom were new to orienteering, tackled courses and received coaching from club members. This has been followed up by a regular club night on Tuesday nights at West Notts College. Converting that flood of initial interest into regular club members will be a challenge but it is vital to the development of the Club that we succeed in this venture. Catherine Hughes has now been appointed as Lead Coach for this initiative and has made a good start. The support of other club members in getting this up and running has been really valued and all further support as it continues into the summer will also be appreciated.

Keeping our membership numbers healthy remains a really big issue for the club. The end of year renewal process saw us lose over 50 members and our numbers dropped from the AGM total of 308 to just over 250. The strength of the club lies in it's membership and it is really important that we use initiatives like the satellite clubs to keep attracting new members and growing the club. We are optimistic that similar initiatives to the West Notts club can be established in Bassetlaw and Bramcote in the near future.

One of my priorities in the coming months is to get us better coverage of our exploits in the local press. If local newspapers can cover darts, dominoes and pub quizzes, surely we can interest them in the excitement of orienteering and the exploits of orienteers. This will hopefully stimulate new interest in the club and sustain some of our flagging members. We have a number of possible solutions to this challenge open to us and I hope we will have a sustainable plan in place by the Autumn.

This piece wouldn't be complete without another plea to people to keep volunteering. I (and all of the Committee) have been hugely grateful to those who have contributed to the success of recent events but we do rely on your good will to keep up our standards. Without doubt, the Helper Group coordinators are making an impact on the running of all of our events but finding planners and organisers remains a challenge. We are very respectful of everyone's time and do our utmost to ensure that too much isn't heaped on to one pair of shoulders but we can only maintain our momentum if everyone does a little bit rather than a few doing it all.

Finally, I wanted to home in on two particular members who are worthy of individual mentions. At the BOC weekend Jim Clarke was awarded a joint BOF and British Schools Orienteering Association Award for 'Outstanding Services'. I'm sure that everyone who knows Jim would agree that this is thoroughly well deserved for his massive contribution to NOC and to orienteering at Nottingham High School. Well done Jim!

In addition, I wanted to mention James Taylor. We were all shocked when he was involved in his accident, whilst out running, but equally impressed and inspired by the way in which he is fighting back to fitness. We send our thoughts and best wishes to James and all of his family look forward to seeing him 'in the forest' again soon.

Steve Green

Summer Training - Club Night

Training will alternate between circuits training one week, training run the next. Circuits are adaptable for everyone, club members taking part range at present from 8 years old to W55s. Each session is led by our own club member Eddie Nicholson.

The training run is suitable for all. Runs from 2-10K. Terrain is hills or flat park or woodland, it is up to you.

Start 6.30pm, Bramcote Hills Sports College, Moor Lane. Meet Gym for circuits, PE Classroom for run. Cost adults £1.00 per week, juniors 50p

Feel you can't keep up with others? If you prefer you can start without the pressure of others or you can run with Club members. Maps will be available of the park with suggested training runs. You don't have to run it all to start, just come along and build up the training at your own pace.

Chat afterwards. Bring along a recent map to discuss with club members.

Extra coaching sessions can be arranged if required

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"From the Editor"

Posting hard copies of the B & G to members has a significant negative effect on the Club's finances. Consequently, at a recent Committee meeting it was decided that e-mail should be used to publicise that the issue is available to be downloaded from the NOC website via a hyperlink.



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Czechs return home

Sadly Petr and Silvie are returning to the Czech Republic

Simon Elliot (NOC team manager) recently presented Petr Basus and Silvie Hojna with a couple of NOC tops as souvenirs of their time spent in Nottingham with NOC. Good luck back in the Czech Republic, it'll be good to know that a couple of NOC tops will be running around the forests there and don't forget to spread the word about NOC.

Petr and Silvie added "Thank you for nice time in UK and keep going with good work for NOC. We really enjoyed time with NOC"



Here they are at the recent Graythwaite event in the Lakes wearing those splendid NOC tops

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West Notts Orienteers

Our new enterprise, based at West Notts College, south of Mansfield, North of Thieves Wood, is looking for both new members and assistance from established orienteers

COME AND HAVE A GO AT ...ORIENTEERING
HAVE FUN, GET FIT AND LEARN NEW SKILLS!

How: West Notts Orienteers Club Night
When: Every Tuesday during term time from 6.30 – 8.00pm
Where: Sports Centre
West Notts College
Derby Road Site
Mansfield, Notts, NG18 5BH

Cost Adults £1 - Children 50p

Activities include:

- > Indoor and outdoor orienteering exercises
- > Post race analysis
- > Group runs
- > Circuit training

No experience necessary

Suitable for all fitness levels, ages and abilities.

Everyone is welcome including families and individuals.

For further information contact:

Catherine Hughes, 07940 575 758 WNO@noc-uk.org

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"From Simon Elliott, Team Manager"

JK 2009

The Elliott family have only been to two JKs (2007 Forest of Dean and this year in Northumberland) and both have been blessed with fantastic weather – we must be an organiser's lucky charm. For information we next intend to attend 2011 in Christine's homeland of Northern Ireland!

I thoroughly enjoyed both days despite struggling for fitness. I thought both areas, Kyloe on the Saturday and Cockenhaugh on Sunday, were sufficiently technical and in places Kyloe was reminiscent of my brief visits, many years ago, into Scandinavia (especially the brashings!). Both days however favoured the late starters. I like nothing more than to start first and to run round the course without the distraction of other runners. However, the days of keeping in front of everyone seem to have gone and I've now discovered a better option. On day 3, the Elliotts all had 13.59 starts and were last off. Indeed the tapes were being collected and the start dismantled as we progressed through the start pens. It resulted in my ideal of running round on my own but with the major benefit of the tracks of thousands to ease my passage through the brashings. Didn't stop me making a couple of stupid mistakes tho'. Incidentally, how many saw the amazing control in the slit between the two large boulders? I thought it was great but apparently Ray Barnes, the controller, had a couple of complaints. Don't worry Ray, there was a group on the coach going to the relay start who also thought it was a magic site – some people have no imagination!

The relays were fun if a bit stressful! The predicted delay to the start happened – how the organisers ever thought they'd get everyone there in time baffles me. However I was extremely grateful. The extra hour allowed me to change the NOC mens and womens veteran teams into the correct age group as I'd messed up and prematurely aged them into the superveteran category. The planner, Patrick Smyth was a real star in helping sort out my mess on the day – confirms what a nice bunch of people orienteers are

(generally!). The second benefit of the delay was the ability to shuffle the junior teams following the Nottingham High School contingent going down with the Bubonic Plague, decimating the declared teams. Many thanks to those who did make it to the relays and accepted team changes willingly. On a constructive note we do need a better system of notifying the Team Manager of dropouts as I didn't realise that some runners were unable to compete until perilously close to the start times!

Performances of the weekend (in chronological order):

Charlotte Webster 3rd W10 Sprint – fantastic start to the weekend!

Peter Hodgkinson 4th sprint and 3rd M18E with another year to go in this age group.

Andy Llewellyn 4th M21L

Sarah Claxton 2nd W20L

Fiona Claxton 3rd W18L

Jenny Evans 9th sprint and 9th W16L

Emily Powell 5th W21S

Michael Napier 4th M55L

Hilary Palmer 4th sprint and 2nd W60

Elizabeth Parkinson and her Scandinavian friends winning Womens short relay

Ben Lord, Jack Lord and Max Elliott 6th M48- relay, only 4 mins behind their mates from DVO who won the class.



All in all, a great weekend in a beautiful part of the country.

*Simon Elliott Team
Manager*

Mike Napier completing his run at the JK

This edition's competition is 'Where's Mick?'

After Day 2 of the JK, the Elliott, Lord and Beresford families ended up on Goswick Sands and Mick wanted a swim. Unfortunately for him the beach is extremely shallow so Mick in reality went for a long walk – it turned out to be a very long walk looking for water that was higher than his ankles. He's in the photo – question is where?



Here he is - Still not deep enough to swim !

From Pauline Olivant; Regional Development Officer

Colour Coded Awards

A competitor qualifies for a Colour Coded Award by achieving the Colour Coded Standard for that colour course on three separate occasions. Pairs can qualify for Colour Coded Awards on the White, Yellow and Orange courses.

A White Colour Coded Standard is achieved by anyone who successfully completes the White course.

The Colour Coded Standard for courses other than White is calculated using whichever of the following two methods gives the larger number of qualifiers:

- a) The time that is achieved by at least 50% of those who started the course, which includes those who retire or are disqualified. Each pair or group on Yellow and Orange courses (if any) should be treated as a single starter.
- b) 150% of the winner's time.

The Controller may extend the qualifying time if there are reasonable circumstances to do so, but may not reduce it.

The Colour Coded Standard time for each course should be included in the final results.

NOC members can claim their certificates from Simon Elliott, who will administer this activity for NOC.

So just e-mail him (teamcaptain@noc-uk.org) with the following details

- 1) Your name
- 2) The colour standard you are claiming
- 3) The dates and names of the three events.

Good luck!!

"Snippets; compiled by Mark Webster"

British Night Championships 2009

The British Night Championships took place at the end of January at Mytchett near Aldershot.

Katie Taylor was first on the W18S class with Peter Hodgkinson 2nd on M18L

Interland 2009

The following NOC members represented England in the Interland Cup in February at Burnham Beeches, Hertfordshire.

M20 Peter Hodgkinson; M50 Kevin Lomas M50 Mike Napier

British Championships 2009

Congratulations to all the NOC team who went down to the British Championships. These were held in the New Forest over the weekend of 28th Feb and 1st March with lovely weather for both days.

There were plenty of top three places for NOC with Tony Horsewill coming home 1st in the M55S. The relays produced winners for the men in the M18 class, with the ladies runners up in the W18 and the M50 men also coming 2nd.

Jim Clarke also picked up a special award for "Outstanding Services to Schools Orienteering"

Individual top three places

M12B : 3rd Rowan Lee M55L : 2nd Michael Napier
M55S : 1st Tony Horsewill M65S : 3rd Peter Hubberstey

W18L : 2nd Fiona Claxton
W21S : 2nd Emily Powell
W60L : Joint 2nd Hilary Palmer

W20L : 3rd Sarah Claxton
W55S : 2nd Pauline Olivant

Relay top threes

M50 : 2nd Mick Lucking, Paul Morris, Kevin Lomas

M18 : 1st Harry Nicholson, James Taylor, Peter Hodgkinson

W18 : 2nd Elizabeth Parkinson, Fiona Claxton, Jenny Evans

Compass Sport Cup Final : NOC qualify

The cup holders SYO were victors on the day at Sherwood Pines in late March with NOC qualifying in second place.

The final will be hosted by LEI at Fineshade Woods on Sunday 18th October 2009. Hopefully the weather will be the same as that at Sherwood Pines i.e. another glorious day

So a date for your diary!

Scores from the Sherwood Pines qualifier

SYO 2411
NOC 2294
DVO 2189
LEI 1919
NOR 264

New Members

We have had some new members join since the last B&G.

A big welcome to

Nathan Gull Jamie Shortland Steve Burns
Remi Gauvain and Louise Newton
The Sheridans, Kevin, Joanne, Lizzie and Patrick

The McShanes, Martin and Alice
The Stewarts, Toby, Anne-Marie, Emma and William

NOC's East Midland Championships

A fantastic event at Clumber Park on February 1st. saw the following NOC members victorious. Congratulations to the following East Midland Champions.

W10 Charlotte Webster	M12 Jack Lord	W16 Elizabeth Parkinson
M16 Matthew Green	W21 Silvie Hojna	M21 Richard Robinson
W55 Jane Booker	M55 Michael Napier	M60 Derek Mill



Charlotte Webster, Elizabeth Parkinson, Jack Lord, Matthew Green, Michael Napier and Richard Robinson receiving their East Midlands Championships trophies

NOC Club Championships

The 2009 NOC club championships will be held on Sunday May 10th 2009. The nominated event is at Thringstone and Cademan Woods, which just happens to be the British Middle distance championships hosted by LEI. All you need to do is enter your normal age class.

The first finisher from NOC in each age class will be crowned club champion for that particular age class. Mementoes will be presented to each winner; this will be done later in the year at a separate event.

Mark Webster

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Reminder

Members: Don't forget to take your BOF membership card along to events to get the £2.00 discount

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NOC Summer League:

May – August 2009

Sun 31st May	SK575321	Rushcliffe Country Park
Sun 7th Jun	SK473622	Silverhill Wood
Sun 21st Jun	SK500384	Bramcote Hills and The Hemlockstone
Sun 5th Jul	SK536665	Shirebrook Wood
Sun 19th Jul	SK481598	Brierley Forest Park
Sun 26th Jul	SK533393	Wollaton Park
Sun 16th Aug	SK612386	Holme Pierrepont

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Future Events List

May 2009 – August 2009

Sat 09/05/09	NOC	National	British Elite Sprint Championships	Nottingham University Campus	SK536377
Sun 10/05/09	LEI	National	British Middle Distance Championships	Thringstone and Cademan Woods	SK455150
Wed 13/05/09	LEI	Local	LEI LSLE	Charnwood Forest South	SK523118

Sat 16/05/09	DVO	Local	Cancelled	Linacre	SK340733
Sun 17/05/09	OD	Regional	OD Regional Event	Bentley Woods	SP291966
Thu 21/05/09	LEI	Local	LEI LSLE	Guthlaxton School	SP598985
Thu 21/05/09	LOG	Local	LOG Summer Series	Stapleford Woods	SK850554
Sat 23/05/09	WRE	Regional	Springtime in Shropshire Regional Events - Day 1	Rorrington and Stapeley	SO302975
Sun 24/05/09	HOC	Regional	Springtime in Shropshire Regional Events - Day 2	Brown Clee	SO 617853
Mon 25/05/09	EBOR	Regional	EBOR York City Park Race	York City Centre	SE605518
Mon 25/05/09	WRE	Regional	Springtime in Shropshire Regional Events - Day 3	Corndon	SO309967
Tue 26/05/09	LEI	Local	LEI LSLE	Market Bosworth	SK409013
Sat 30/05/09	MDOC	Regional	Twin Peak 2009 - Regional Event Day 1	Place Fell	NY398162
Sun 31/05/09	MDOC	Regional	Twin Peak 2009 - Regional Event Day2	Angle Tarn Pikes	NY398162
Sun 31/05/09	NOC	Local	NOC SLLE	Rushcliffe Country Park	SK575320
Thu 04/06/09	LEI	Local	LEI LSLE	East Carlton Park	SP835894
Thu 04/06/09	LOG	Local	LOG Summer Series	South Common	SK979699
Sat 06/06/09	DVO	Local	DVO Score Event	Riber Hillside	SK318564
Sun 07/06/09	DVO	Local	DVO Local Event (White to Brown)	Carsington Pastures	SK248546

NOC Training Thursdays May - August



Training, led by **Eddie Nicholson**, club coach and qualified personal fitness trainer, will alternate between circuits training one week, training run the next.

Every Thursday starting at 6:30pm in the Gym of **Bramcote Hills Sport and Community College**

All ages and abilities catered for.

Present members that attend range in age from

M/W8 to M/W55

Cost:

Adults £1.00 Juniors 50p.

PHONE:

0115 9607714 for details



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